

## Grief Support Centers (listed by city)

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Please note: The information on these centers is updated annually and may have changed. Please call to verify times and locations of the groups.

### **St. Joseph Homecare & Hospice**

**Contact:** Reita Abbott, Administrative Director  
Jane Folsom, Hospice Coordinator

**Address:** St. Joseph Healthcare Park  
900 Broadway  
Bangor, Maine 04401

**Phone:** 207-262-1810

#### **Drop-in**

**Areas served:** Greater Bangor (25 mile radius)

**Group leader:** Grief councilor

**Criteria:** Self-referral

**Description:** There is a community bereavement support group hosted at Brookings-Smith Funeral Home, 133 Center St., Bangor on the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays of the month from 6:00 p.m. – 7:30 p.m. The agency offers 10 week grief support programs several times annually at no charge. Please contact the agency for further information.

### **Parents Who Have Lost Children**

**Contact:** Judy Tredwell

**Address:** Brookings Smith Family Center  
133 Center St.  
Bangor, ME 04401

**Phone:** 207-889-9025

**E-Mail Address:** [jbtredwell@myfairpoint.net](mailto:jbtredwell@myfairpoint.net)

#### **Drop-in**

**Areas Served:** Greater Bangor area

**Group leader:** Judy Tredwell

**Criteria:** Self-referral

**Description:** Ongoing month meeting, every 3<sup>rd</sup> Wednesday each month, 6:00 p.m. to 7:30 p.m., open to the public, offers support for parents or caregivers who have lost children.

### **Pathfinders – Hospice of Eastern Maine**

**Contact:** Linda Boyle, Program Coordinator

**Address:** EM Healthcare Mall  
885 Union Street, Suite 220  
Bangor, Maine 04401

**Phone:** 207-973-8269 or 800-350-8269

**E-Mail Address:** [lboyle@emh.org](mailto:lboyle@emh.org)

**Website Address:** [www.pathfindersmaine.org](http://www.pathfindersmaine.org)

#### **Enrollment by application**

**Areas served:** Penobscot & surrounding counties

**Group leader:** Various agency resources trained volunteers through Hospice of Eastern Maine.

**Criteria:** Self-referral

**Description:** This is a support group that meets for 10-weeks in 2 sessions: spring & fall, for children & teens (3-18) and families.

### **Hospice Volunteers of Waldo County**

**Contact:** Connie Woitowitz

Flic Shooter, Bereavement Coordinator

**Address:** PO Box 772  
Belfast, Maine 04915

**Phone:** 207-930-2677

**E-Mail Address:** [hospice@wcgh.org](mailto:hospice@wcgh.org)

#### **Enrollment call Flic Shooter**

**Areas served:** Waldo County

**Group leader:** 30-hour hospice volunteers training

**Criteria:** Self-referral

**Description:** They have hosted suicide survivor support groups in the past and they may in the future if the need is there. General bereavement support group is held for 8-weeks twice a year in the spring and fall. A library with borrowing materials free to the public.

### **CHANS Hospice & Volunteers: Center for Grief & Loss**

**Contact:** Grief Support & Bereavement Coordinator

**Address:** 45 Baribeau Drive  
Brunswick, Maine 04011

**Phone:** 207-729-6782 x 1357

**E-Mail Address:** [kpilibosian@midcoasthealth.com](mailto:kpilibosian@midcoasthealth.com)

**Website Address:** [www.hospicevolunteers.org](http://www.hospicevolunteers.org),

[CHANShomehealthcare.com](http://CHANShomehealthcare.com)

**Enrollment:** All programs have an intake process; please call for further information.

**Areas served:** Parts of Androscoggin, Cumberland, Lincoln Sagadahoc counties

**Group leader:** Licensed staff & trained volunteers

**Criteria:** Self-Referral

**Description:** Programs are open to community members and an initial interview is required. Year round grieving children's, anticipatory grief and grieving parent's programs, in addition to suicide loss support, and structured grief support. NO charge for group attendance.

### **Miles & St. Andrews Home Health and Hospice**

**Contact:** Daphne Stern

**Address:** 40 Belvedere Road  
Damariscotta, Maine 04543

**Phone:** 207-563-4592 (voice mail 563-4182)

**Enrollment:** Call first for initial interview

**Areas served:** Lincoln County

**Group leader:** Daphne Stern

**Criteria:** Recent adult loss – limited participation, small group

**Description:** Every other Wednesday from 10 to 11:30 a.m.

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### Pine Tree Hospice

**Contact:** Jane Stithamt, Executive Director

**Address:** 883 West Main Street  
Dover-Foxcroft, Maine 04426

**Phone:** 207-564-4346

**E-Mail Address:** [wecare@pinetreehospice.org](mailto:wecare@pinetreehospice.org)

**Website Address:** [www.pinetreehospice.org](http://www.pinetreehospice.org)

**Facebook page:** [www.facebook.com/EvergreenPTH](http://www.facebook.com/EvergreenPTH)

**Enrollment:** Sign up

**Areas served:** Piscataquis County and portions of Somerset & Penobscot counties

**Group leader:** Trained volunteers

**Criteria:** Self-referral, Social Worker, Medical Professionals and Spiritual Leaders.

**Description:** Adult bereavement support is through a series of once-a-month workshops delivered in blocks of three workshops per season. Open to widows, widowers, or anyone who has lost a life-partner. Children's bereavement support group is held the 2<sup>nd</sup> & 4<sup>th</sup> Wednesdays, 7 to 8 pm. While the children meet in age-appropriate groups, their parents or guardians also have an opportunity to meet together in a support group. These meetings are held at Mayo Regional Hospital, Basket House, 883 West Main St, 1<sup>st</sup> floor (call Pine Tree Hospice at 564-4346).

### Pete's Place, A Center for Grieving Children & Families

**Contact:** Jan Arsenault, Program Manager

**Address:** Wentworth Douglas Hospital  
789 Central Avenue  
Dover, NH 03820

**Phone:** 603-740-2689

**E-Mail Address:** [scja@wdhospital.com](mailto:scja@wdhospital.com)

**Website Address:** <http://www.wdhospital.com/body>

**Enrollment:** Telephone application

**Areas Served:** Greater Seacoast of New Hampshire & Southern Maine

**Group leader:** Therapist and co-facilitator

**Criteria:** Depends on the application

**Description:** Services provided include individuals and family visits, consultation, education and occasional groups. School-based groups are offered during the school year. Services support the bereaved, as well as those coping with a serious illness. Services are provided to children, adolescents and their families. Consultation services and training/education regarding grief & loss is available to the community & area professionals

### Hospice of Hancock County

**Contact:** Mary-Carol Griffin, Bereavement Services Coordinator

**Address:** 14 McKenzie Avenue  
Ellsworth, Maine 04605

**Phone:** 207-667-2531

**E-Mail Address:** [mcgriff@hospiceofhancock.org](mailto:mcgriff@hospiceofhancock.org)

**Enrollment:** Application & Interview process

**Areas served:** Hancock County

**Group leader:** Survivors that have been trained

**Criteria:** Self-referral

**Description:** A suicide survivor support group is advertised in the spring and fall of the year. New groups will be offered in October 2012, email for information.

### Seacoast Hospice

**Contact:** Deb Proulx, LICSW & Bereavement Coordinator

**Address:** 10 Hampton Road  
Exeter, NH 03833

**Phone:** 603-778-7391 or 800-416-9207

**Fax:** 603-772-7692

**E-Mail Address:** [dproulx@seacoasthospice.org](mailto:dproulx@seacoasthospice.org)

**Website Address:** [www.seacoasthospice.org](http://www.seacoasthospice.org)

**Enrollment process required**

**Areas served:** Rockingham, Strafford & Carroll County in New Hampshire and Southern York County in Maine.

**Group leader:** Trained volunteers and bereavement coordinator

**Criteria:** Self-referral

**Description:** There are general, specific-loss and suicide support groups that meet for eight sessions in various community locations. The Motherless Daughter group is a one-day, 6-hour group. A complete schedule of all groups can be found on our website.

### Northern Maine Medical Center

**Contact:** Ethel Jalbert RN

**Address:** PO Box 343  
Fort Kent, Maine 04743

**Phone:** 207-834-5790

**E-Mail Address:** [suicideloss@roadrunner.com](mailto:suicideloss@roadrunner.com) or [ejalbert1@roadrunner.com](mailto:ejalbert1@roadrunner.com)

**Website Address:** None

**Drop-in**

**Areas served:** Northern Aroostook County--Open to all suicide loss survivors who want to attend

**Group leader:** Ethel Jalbert RN

**Criteria:** For all adults who have been left behind by the loss of a Family Member or Friend by Suicide. No referral required and the loss does not have to be recent.

**Description:** We meet at Northern Maine Medical Center in the Library. We meet the first Thursday of the month 6:30 to 8:00 pm. Resources (Handouts and booklets) are made available to attendees at no charge. Refreshments are served.

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### HealthReach Hospice & Volunteers of Kennebec Valley

**Contact:** Blythe Edwards, Bereavement Coordinator

**Address:** 150 Dresden Avenue  
Gardiner, Maine 04345

**Phone:** 207-626-1780

**E-Mail Address:** [blithe.edwards@mainegeneral.org](mailto:blithe.edwards@mainegeneral.org)

**Website Address:** [www.mainegeneral.org](http://www.mainegeneral.org)

#### Enrollment process required

**Areas served:** Southern Kennebec County, but anyone in the county may attend

**Group leader:** Facilitating team

**Criteria:** Self-referral

#### Description:

Healing Hearts: A Family Grief Support Program (8 weeks) – This weekly group is available to children & teens ages 3 to 18, and is based upon the model used by the highly acclaimed Center for Grieving Children in Portland, ME.

General Loss Support Group (six weeks) – This time-limited group which begins at seasonal intervals throughout the year is open to anyone who has experienced the death of a loved one. Meetings are held in either Gardiner or Augusta depending upon the session.

Empty Arms (ongoing monthly meetings on an as-needed basis) – This group, which is held in Augusta, is offered to parents who have experienced miscarriage, stillbirth or infant death.

Survivors of Suicide (six weeks) – This group is offered yearly in the spring for family & friends of someone who died by suicide. Information specific to loss & grief after a suicide is provided.

Child Loss Support Group (six weeks) – This group, held in Augusta, is offered in the fall to parents who have experienced the death of a child at any age.

### New Hope Hospice, Inc.

**Contact:** Patricia Eye Director

**Address:** PO Box 770, (1344 Main Rd, Eddington, ME)

Eddington, Maine 04428

**Phone:** 207-843-7521

**E-Mail Address:** [newhope7521@aol.com](mailto:newhope7521@aol.com)

**Website Address:** [www.newhopehospice.org](http://www.newhopehospice.org)

#### Drop-in

**Areas served:** 35 mile radius around Bangor

**Group leader:** Rodney St. Louis, LCSW

**Criteria:** Self-referral

**Description:** They have a general bereavement support group that meets the 2<sup>nd</sup> & 4<sup>th</sup> Wednesday of each month at 6:00 p.m. at Brookings Smith Family Center in Bangor.

### Androscoggin HomeCare & Hospice

**Contact:** Jim Douglas

**Address:** 15 Strawberry Avenue  
Lewiston, Maine 04240-0819

**Phone:** 207-777-7740 or 800-482-7412

**E-Mail Address:** [jim.douglas@ahch.org](mailto:jim.douglas@ahch.org)

**Website Address:** [www.ahch.org](http://www.ahch.org)

**Drop-in/Enrollment:** Drop-in and/or application

**Areas served:** Androscoggin, Oxford, Franklin and northern Cumberland Counties

**Group leader:** Professional staff and trained volunteers

**Criteria:** Self-referral, some restrictions according to group

**Description:** There is an 8 to 10 week-long program for children and teens and their parents offered three times a year in 2 locations, monthly drop-in meetings at several locations and adult grief support groups 3 times a year in 5 locations. There is also a bereavement after suicide support group that meets 2 times a year in Lewiston.

### Beacon Hospice

**Contact:** Heather Thompson

**Address:** 54 Atlantic Place  
South Portland, Maine 04106

**Phone:** 207-772-0929 or 800-840-0668

**E-Mail Address:** [hthompson@beaconhospice.com](mailto:hthompson@beaconhospice.com)

**Website Address:** [www.harborsofhope.blogspot.com](http://www.harborsofhope.blogspot.com)

**Enrollment:** Must register first

**Areas served:** Varies from site to site

**Group leader:** Varies from site to site

**Criteria:** Self-referral

**Description:** Beacon Hospice has sites at York, Lewiston, Portland, Augusta & Bangor. We offer support groups, one-on-one counseling and in-services to the community at no cost, in a number of locations, times and various forms (i.e. parent loss, widow/widower, pet loss, general, elder loss, etc.)

### (The) Center for Grieving Children

**Contact:** Patricia Ellen, Outreach Director  
Susan Giambalvo, Program Director  
Anne Lynch, Executive Director

**Address:** PO Box 1438  
Portland, Maine 04104

**Phone:** 207-775-5216

**E-Mail Address:** [patricia@cgcmaine.org](mailto:patricia@cgcmaine.org)

**Website Address:** [www.cgcmaine.org](http://www.cgcmaine.org)

#### Enrollment process required

**Areas Served:** Cumberland and York Counties, and parts of Androscoggin, Rockland

**Group leader:** Trained volunteers

**Criteria:** Self-referral

**Description:** Bereavement groups for children (3-18), their parents and young adults (18-30); offer peer support

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for families dealing with a serious illness from the point of diagnosis – for children (3-18) , young adults (18-30), adult caregivers; the person who is ill, Bereaved Parent group for parents who have lost a child of any age, Young Widow and Widower's Group for people who experienced the loss of a spouse or partner. Peer support groups in collaboration with Portland schools for children from war torn countries. Education and crisis support outreach to schools, camps, businesses, communities and organizations. Phone support during regular business hours.

### Maine Medical Center

**Contact:** Sandra Horne LCSW  
Robert Myers LCPC

**Address:** Dept of Psychiatry  
22 Bramhall Street  
Portland, Maine 04102

**Phone:** 207-662-7323; 409-6226

**E-Mail Address:** [hornes@mmc.org](mailto:hornes@mmc.org);  
[soslossgroup@gmail.com](mailto:soslossgroup@gmail.com)

**Drop-in/Enrollment:** Both

**Areas served:** Greater Portland & beyond

**Group leader:** Professional/Peer

**Criteria:** Self-referral

**Description:** There is a suicide survivor's support group that meets the 2<sup>nd</sup> and 4<sup>th</sup> Monday of every month at 7:00 p.m. at the Dana Center, Classroom #1.

### Coastal Family Hospice Volunteers

**Contact:** Sharon Spaulding, Bereavement Coordinator

**Address:** 34 Old County Rd.  
Rockport, Maine 04856

**Phone:** 207-593-9355

**E-Mail Address:** [sspaulding@penbayhealthcare.org](mailto:sspaulding@penbayhealthcare.org)

**Enrollment:** please call

**Areas served:** Knox and Lincoln County

**Group leader:** Bereavement Coordinator & volunteers

**Criteria:** Self-referral

**Description:** We currently offer two drop-in groups – the 1st and 3rd Wednesdays at Bartlett Woods, off Talbot Avenue, Rockland which meets in the third floor library and the 2nd and 4th Fridays at the Coastal Family Hospice Offices at 34 Old County Road in Rockport. People who are interested in attending should contact our office.

### Hospice of Southern Maine

**Contact:** Carol Schoneberg

**Address:** 180 U.S. Route 1  
Scarborough, ME 04074

**Phone:** 207-289-3640 or 866-621-7600

**E-Mail Address:**  
[cschoneberg@hospiceofsouthernmaine.org](mailto:cschoneberg@hospiceofsouthernmaine.org)

**Website Address:** [www.hospiceofsouthernmaine.org](http://www.hospiceofsouthernmaine.org)

**Enrollment:** Register by phone or e-mail, completion of bereavement questionnaire

**Areas Served:** York & Cumberland County

**Group leader:** Professional staff & trained volunteer facilitators

**Criteria:** Self-referral of those 18+ years old who have experienced the death of a loved one

**Description:** General bereavement support groups (closed) that meet weekly for 8-week sessions. Groups offered 8-10 times/year. One-on-one bereavement support in the home for a limited period of time.

### Hospice Volunteers of Somerset County

**Contact:** Linda Williams, Executive Director  
Pat Miner, Bereavement Coordinator

**Address:** PO Box 3069  
Skowhegan, Maine 04976

**Phone:** 207-474-7775

**E-Mail Address:** [brcor.hvsc@beeline-online.net](mailto:brcor.hvsc@beeline-online.net)

**Website Address:** [www.hvosc.net](http://www.hvosc.net)

**Drop-in/Enrollment:** Drop in & enrollment process

**Areas Served:** Somerset County

**Group leader:** Bereavement Coordinator

**Criteria:** Self-referral, crisis counseling, schools, etc

**Description:** Adult bereavement support group that meets throughout the year, and children's bereavement support groups that meet for eight weeks, twice a year. They also do one-on-one support, a bereavement mailing program, and a lending library.

### H.O.P.E.

**Contact:** Kenneth Hamilton

**Address:** PO Box 276  
South Paris, Maine 04281

**Phone:** 207-743-7458

**E-Mail Address:** [kenhhope@hopehealing.org](mailto:kenhhope@hopehealing.org)

**Website Address:** [www.hopehealing.org](http://www.hopehealing.org)

**Drop-in/Enrollment:** Drop-in, call to find out where the meetings are

**Areas served:** Hallowell, South Paris, Portland

**Group leader:** Kenneth Hamilton, MD

**Criteria:** Self-referral

**Description:** Group services support the bereaved, as well as those coping with a serious situation or condition.

### Hospice Volunteers of Waterville

**Contact:** Susan Roy

**Address:** 304 Main Street, PO Box 200  
Waterville, Maine 04901

**Phone:** 207-873-3615

**E-Mail Address:** [sroy@hvwa.org](mailto:sroy@hvwa.org)

**Website Address:** [www.hvwa.org](http://www.hvwa.org)

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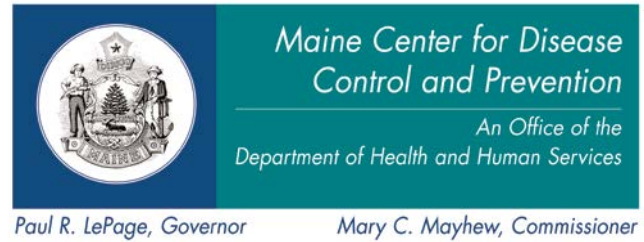
**Enrollment:** Application Process

**Areas served:** 27 communities around Waterville

**Group leader:** Trained volunteers

**Criteria:** Self-referral

**Description:** Several bereavement groups for adults including a specialized group for survivors of suicide (as needed); Hope's Place is a program for grieving children and teens. Camp Ray of Hope is a program for grieving families and individuals who are residents anywhere in Maine that takes place the 3rd weekend of September, at Camp Mechuwana on "The Narrows", in Winthrop, Maine.



### Hospice of York

**Contact:** Nikki Hopewell

**Address:** 15 Hospital Drive  
York, Maine 03909

**Phone:** 207-475-7308

**E-Mail Address:** [nhopewell@yorkhospital.com](mailto:nhopewell@yorkhospital.com)

**Website Address:** [www.hospiceofyork.com](http://www.hospiceofyork.com)

**Enrollment:** Application process

**Areas served:** Southern Maine: York, Kittery, Wells, Ogunquit, Eliot, South Berwick, Berwick & North Berwick

**Group leader:** Trained volunteers

**Criteria:** Self-referral

**Description:** General bereavement support group that meets in the fall/winter/spring and lasts 10 weeks.

Updated July 7, 2012